GHB

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What is GHB?

- **GHB, or Gamma Hydroxlbuteric Acid, is a central nervous system depressant that sometimes causes hallucinations.**
- **Also known as a *date rape* drug because of its association with sexual assaults.**
- **Usually found as a clear liquid with a slight salty taste.**

Learning Objectives

- Identify the chemical name for GHB.
- Identify the effects GHB can have on the human body.

What is GHB?

GHB is usally clear. Many users add food coloring or mix the drug in orange or other juice or a bottle of water.
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- GHB is often sold by capful or teaspoon and consumed orally.
- Each dose appx. $5-$10 and is 1-5 grams.
- Also known as Georgia Home Boy, Liquid X, Goop and Grievous Bodily Harm.
- Schedule I Substance in the United States.

History of GHB

1960s – GHB is developed as an anesthetic.

1980s – GHB can be bought in health food stores and use begins to rise amongst body builders.

1990 – FDA bans over the counter sale of the drug through out the United States.

1997-99 – Several states and countries pass laws to control the sale and consumption of GHB.

How is GHB Used?

- GHB is almost always consumed orally.
- Sometimes mixed with sweet or strong alcoholic drinks.
- Onset of the effects occur approximately one hour after ingestion.
- Effects of GHB can be felt for up to six hours.

Effects of GHB – Low Dosage

Low, or recreational, doses are considered to be 1-2 capfuls by users. Low doses of GHB can cause:

- **Hypnotic Consciousness**
- **Relaxation**
- **Reduced Inhibitions**
- **Decreased Motor Skills**
- **Mild dizziness**
- **Nausea**
- **Lowered Blood Pressure**
- **Lowered Heart Rate**

Effects of GHB – High Dosage

High doses are considered to be 3-4 capfuls by users. The effects of high doses have been compared to those of extremely heavy drinking:

- **Slurred Speech**
- **Nausea / Vomiting**
- **Vertigo**
- **Hallucinations**
- **Respiratory Distress**
- **Amnesia**
- **Seizures**
- **Coma / Death**

GHB Testing in the Army

- GHB is detectable in urine for approximately 24 hours after consumption.
- The Army DOES NOT test for GHB on a regular basis.
- Contact your local ASAP for assistance and guidance regarding testing for GHB as special procedures MUST be followed.
- The illegal use of GHB or any drug goes against Soldiers Values and Warrior Pride.

Additional Information

Additional information on GHB can be found by contacting the Army Substance Abuse Program or by visiting http://www.acsap.army.mil.